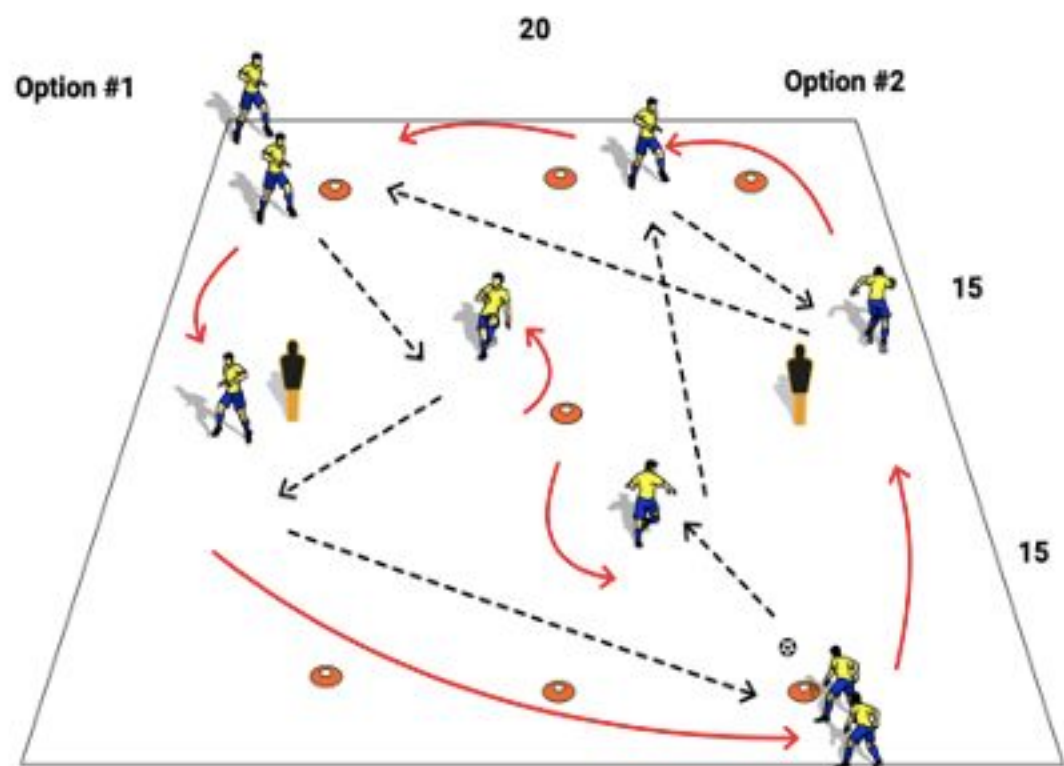


Attacking from wide areas



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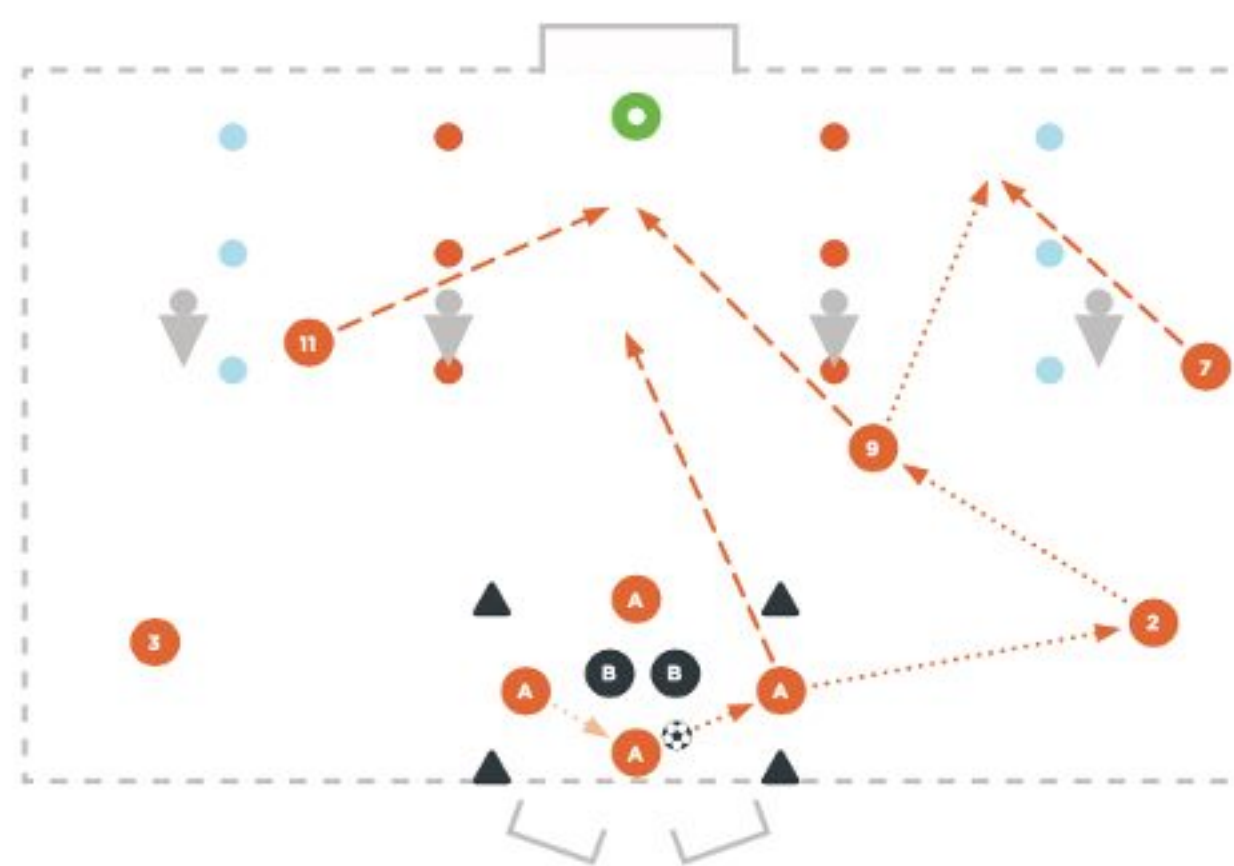
Area: 30x20 with two groups at opposite ends and two players back to back in the middle. One ball starts at each group.

1. Option #1 – The middle player ‘checks’ for the ball. The player passes the ball to the middle player and then overlaps the mannequin. The middle player receives the ball on the back foot and passes to the overlapping player.

2. The overlapping player now plays a diagonal pass to the next player in the opposite group. The passing sequence continues. Switch the middle players.

Option #2 Variation: Place a player in the gate at each end-line. The ball is played to the middle player who then plays it long to the far player that is stood between the cones. That player now plays the ball to the overlapping player, who now passes the ball diagonal. The player in the gate moves to the starting position and is replaced by the player that passed the ball.

Focus on quality passing and movement!



Area – Play on half a field. This is a semi-opposed practice used to develop wide combinations in order to access particular areas of the field from which a team can create good-quality scoring opportunities. The practice requires 11 outfield players and one goalkeeper. If the two defenders win the ball, they can score on the mini goals.

1. All combinations start with a 4v2 in the center of the field. After three or more passes, one of the possession players passes to a wide player to trigger the attack. The forward starts in the middle of the poles.

Sequence #1 – The ball is played out to the full-back. #9 moves to that side of the field. #2 passes to #9 who plays the ball into the red zone for #7 to cross the ball. #9, #11 and #10 attack zone 3.

Sequence #2 – Underlap by FB. Ball goes to 7 or 11. 2/3 runs inside, #9 attacks the red zone. 2/3 midfield and weakside wide player attack zone 3.

Sequence 3 – Ball out to 2/3, 3 to 9, 9 to 8 and 8 plays in 7 or 11 into the red zone.

Sequence 4 – Ball out to 2/3, 3 to 7/11 who cuts inside and plays to 9. 9 plays to running 2/3.

Add defenders and let them play free.

Coaching points: Visualize playing. Movement and ball speed + quality. 2/3 and 7/11 are on different lines. This creates good passing angles.

Technical/Tactical:

- Explode into spaces
- Quality first pass
- Movement to create space and overlap
- Attack with speed from wide areas

Physical:

- Competing
- Be at your best – 100%
- Quick reactions to the transition
- Speed

Mental:

- Listen and focus. Accept mistakes
- Decision making – Anyone can attack
- Teamwork – Recognize the counter
- Cover teammates

Social:

- Be a good teammate
- Have fun while competing
- Applaud good play and help others who got it wrong